

MURRAY SENIOR RECREATION CENTER

2019

Recreation for 55+

October



Our annual OKTOBERFEST will be held on **Wednesday, October 16** from **11:00-1:00**.

Registration begins on Wednesday, September 18. The meal will include a

Salted Pretzel appetizer with German Mustard and Cheese, Beer Bratwurst or Roasted Chicken Breast, Roasted Red Potatoes, Bacon Sauerkraut, and Apple Strudel. The cost is **\$8** per person or **\$56** for a table of seven.

Deadline: No reservations or refunds may be made after close of business on Wednesday, October 9.

When purchasing your seats, specify chicken or bratwurst for each person. Up to seven tickets (one table) may be purchased by an individual. Register early—seating is limited and tickets go quickly.

Entertainment will be provided by *Polka Doodle Doo* featuring Kevin Scott Christensen, a local accordionist who has been playing German folk songs for years. The troupe includes Mark Chaney on percussion and Pamela Lemons on clarinet. Only ticketed individuals will be allowed in the dining room for the meal and entertainment.



Our Annual HOLIDAY BOUTIQUE AND CRAFT FAIR will be **Friday, December 6**

from **10:00 to 3:00**. Please contact Maureen if you are interested in

purchasing a table to sell your handmade art or craft items. The cost for a table is **\$30**. The application and samples must be submitted by Tuesday, October 8.

Sellers will be contacted later in October once the selection committee has decided who will be participating in our boutique. Please note that no homemade food is allowed. Cancellations must be received by Friday, November 8 for a full refund.



2019 Center Closures

Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Wednesday, December 25	Christmas

2019 Special Events

Monday, November 4	Veterans Brunch
Wednesday, November 13	Thanksgiving Meal
Friday, December 6	Holiday Boutique

Inside this issue:

General Information	2
Education	3
Miscellaneous	5
Calendar of Events	6
Recreation	8
Services	9
Fitness	10
Travel	11
Lunch Menu	12

Murray Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

Advisory Board

Chair: Ed Houston
 Christine Clark Richard Clark
 Brenda Clausen Max Derrick
 Sandra Jones Jenny Martin
 Erich Mille Pete Wright

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The SCHOLARSHIP program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any CHUCK-A-RAMA restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through SMITH'S INSPIRING DONATIONS, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the WALL OF SUPPORT in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly NEWSLETTER is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our CANCELLATION POLICY. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major CREDIT CARDS for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need SPECIAL ACCOMMODATIONS to

participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Callaway is a NOTARY and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our ADVISORY BOARD meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for comments.

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

eBooks and eAudiobooks Class

On **Friday, October 4** at **10:30**, a representative from Murray City Library will teach you how to use eBOOKS and eAUDIOBOOKS. Bring your devices (tablet, smartphone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address, or a piece of mail with your name and current address. This is a **free** class. [Register now](#). Space is limited to seven participants.

Nutrition: Building Meals

On **Tuesday, October 8** at **10:30**, Ashley Quadros from Harmons will be teaching us NUTRITION: BUILDING BALANCED, HEALTHY, AND QUICK MEALS that won't take hours to prepare. This presentation will cover what balanced eating means, how to decode labels to choose the healthiest options, and inspire you with a variety of easy and tasty meals. You'll leave with plenty of shopping and meal planning tips to help you make the most of your time. This is a **free** class. [Register now](#).

Grief Support Class

On **Friday, October 11** at **10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our GRIEF SUPPORT CLASS. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now](#).

Earthquake House

On **Tuesday, October 15** at **10:30**, Maralin Hoff, "The Earthquake Lady," from the State of Utah Department of Public Safety will come and teach us how to "safe proof" our homes in the event of an earthquake. She will bring the EARTHQUAKE HOUSE with her, which shows how objects will move during an earthquake. There are simple ways to secure wall units and furnishings to keep them from falling. She will also teach how to protect ourselves from getting hurt. This is a **free** class. [Register now](#).

Beginning Pinochle

We will be offering a six-week BEGINNING PINOCHLE class on **Tuesday, October 15** from **1:00-2:00** through **Tuesday, November 19**. Brenda Clausen and Mary Marlar will be teaching the class. This is a **free** class. [Register now](#).

The National Institute on Aging says research indicates strategic card games that exercise memory and concentration may help reduce cognitive decline.

Vital Aging

Melissa Foulger from Valley Mental Health's VITAL AGING project will be available at 12:30 prior to the 1:00 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, October 22** at **1:00**, the wellness topic will be BUILDING A BUDGET. Does it ever seem like there is never enough time, money, or resources to do the things you would like to do? Learn more about how budgeting techniques can be used to handle finances, free up your calendar, and help you live a more stress-free life. This is a **free** class. [Register now](#).

AARP Smart Driving Class

AARP teaches a SMART DRIVING class on the last Tuesday each month. The next class will be on **Tuesday, October 29** from **9:30-2:30**. [Register now](#).

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Senior Care and Life Planning

Afraid of having to pay for senior care? On **Friday, November 15** at **10:00**, come learn from a panel of SENIOR CARE AND LIFE PLANNING professionals. Information will be provided regarding real estate, long term care, insurance, reverse mortgages, estate planning, Medicaid, and veterans benefits. This is a **free** class. [Register now](#).

Painting Classes

John Fackrell's six-week WATERCOLOR class will continue at **9:00-12:00** through **Monday, October 21**. A new session will begin **Monday, October 28** through **Monday, December 9**. Cost is **\$33**. Registration begins Tuesday, October 15.

John and Joan Fackrell's six-week ART APPRECIATION class will continue at **1:00-3:30** through **Monday, October 21**. A new session will begin **Monday, October 28** through **Monday, December 9**. Cost is **\$33**. Registration begins Tuesday, October 15.

Jeanette Morris' PAINTING class will continue through **Wednesday, October 30** at **9:00-12:00**. A new eight-week session begins on **Wednesday, November 6** through **Wednesday, January 8**. Cost is **\$40**. Registration begins Tuesday, October 22. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's CERAMICS class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of CRAFTERS meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

Crafting with Susan

This adorable pumpkin trio was too cute to pass up. Susan will be teaching her CRAFTING WITH SUSAN class on **Tuesday, October 8** at **2:30-4:00**.

See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now. The deadline to register is **Friday, October 4** at noon.



Computer Classes

Bob Beaudoin has one-hour INDIVIDUAL HELP appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour INDIVIDUAL HELP appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week GENEALOGY class will continue through **Wednesday, October 23** at **12:30-2:00**. A new session begins **Wednesday, October 30** through **Wednesday, November 27**. This is a **FREE** class. Registration begins Tuesday, October 8. Space is limited to eight participants (two need to bring their own laptop).

Photoshop Class

Greg Waldron is back with his PHOTOSHOP CLASS on **Monday, October 21, Wednesday, October 23** and **Friday, October 25** at **10:00-12:00**. The first class will be a lecture and demonstration on Photoshop. There will be a small segment on the use of cameras, a look at photography, and then we'll dive into Photoshop with demonstrations of some of the key functionality of the software. The second and third sessions will be dedicated to the participants' personal projects and Greg will guide you through the steps to edit your own photos. The cost is **\$15**. Register now. Space is limited to six participants.

Computer Lab

The COMPUTER LAB has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or use the cash box located in the Computer Lab).

Veterans Wanted for a Special Project



If you are a Veteran and are willing to help local high school students tell your military story, let us know at the Front Desk.

Veterans and students will meet several times during October. Those volunteering will meet at the Veteran's convenience. The students will write the Veterans' stories and present them on **Friday, November 1 at 3:00**. This is a great opportunity to have your story in print as a keepsake document you can share with your family.

Veterans Brunch

The Center is pleased to announce our annual VETERANS BRUNCH on **Monday, November 4 at 11:15**. We will feature a buffet-style brunch honoring Veterans. Advance payment and registration are needed; however, seating is open. The cost is **\$1** for Veterans and **\$6** for everyone else. Registration begins Monday, October 14.

Deadline: No reservations or refunds may be made after close of business on Monday, October 28.

The event will begin at **11:15** with a flag ceremony and Marlene Tillman will then sing the National Anthem. John Green will provide background music during the buffet-style meal which will be available beginning at **11:30**.

Thanksgiving Meal

Join us for our THANKSGIVING MEAL, which will be held on **Wednesday, November 13 at 11:00**, to give thanks for all the good things in life. Registration will begin Wednesday, October 23. Entertainment begins at 11:00 with Mixed Nuts—a five-piece combo specializing in Big Band era music. The meal of turkey with all the trimmings will follow at 12:00.

Deadline: No reservations or refunds may be made after close of business on Wednesday, November 6.

Cost is **\$8** per person or **\$56** for a table of seven. You may choose your table when you make the reservation and you must provide us with all the names of those sitting at your table.

Birthday Wednesday

Celebrate your BIRTHDAY on the FIRST WEDNESDAY of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Brunch Café

We will be offering our BRUNCH CAFÉ on **Monday, October 21 from 10:30-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

Winter Walking Club

The Spring/Summer Walking Club was a success with several people reaching their goal of walking to San Francisco. We still have the month of October to reach San Francisco (743 miles), so keep moving.

We want to give you an opportunity to continue walking by offering a WINTER WALKING CLUB. Our goal is to walk to the City of Lights—Las Vegas, Nevada—which is 412 miles from the Center. Cost of the winter program is **\$5** and starts November 1. You will receive a pedometer and monthly calendars. Prizes await those who make it to Las Vegas by the end of March. Register now.

Occupational Therapy Students

What meaningful activities (a.k.a. occupations) occupy your time? What if your health status changed, resulting in trouble doing those activities? Luckily, occupational therapy is a medical specialty that focuses on finding ways for you to return to preferred activities by integrating valued occupations into prevention, wellness, and rehabilitation programs. These specialists are known as Occupational Therapists (OT)!

Emily Sosa and Jarrett Henderson are University of Utah Occupational Therapy students and will work with the Stepping On class and will meet with the exercise classes.



Monthly Calendar

2019

Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior
-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

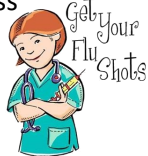


Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance 1
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Golf Banquet 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: A View to a Kill 2:00 Strength Conditioning 7	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / Nutrition Class 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:30 Crafting with Susan 8
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: The Illusionist 2:00 Strength Conditioning 14	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:00 Health Screening 10:30 Tai Chi / Earthquake House 11:30 Lunch 12:00 Medicare Counseling 12:30 Canasta 12:45 Crafters / 1:00 NO Computer 1:00 Beginning Pinochle 2:00 Beginning Line Dance 15
9:00 NIA / Watercolor 10:00 Photoshop Class 10:15 Pickleball 10:30 Chakra Meditation 10:30 Brunch Café 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: Under Autumn Moon 2:00 Strength Conditioning 21	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / Ear Wax Removal 9:30 Kennecott 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Beginning Pinochle 1:00 Computer Help / Vital Aging 2:00 Beginning Line Dance 22
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: Decision at Sundown 2:00 Strength Conditioning 28	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 Smart Driving 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help / Beg. Pinochle 2:00 Beginning Line Dance 29

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Stepping On	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / Fall Colors Trip 10:30 Tai Chi 11:30 Lunch 12:00 NO Massage 1:00 Dance Lesson Workshop 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga / Flu Shots 10:30 eBooks and eAudiobooks 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Stepping On	8:00 Pickleball Instruction 8:30 Ceramics / Wendover 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Dance Lesson Workshop 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 Grief Support Class 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 NO Transportation 11:00 OKTOBERFEST 11:15 NO Chair Aerobics 12:30 Genealogy 12:45 NO Bingo 1:00 Bridge 1:00 NO Stepping On 	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 9:30 Antelope Island 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Dance Lesson Workshop 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Photoshop Class 10:00 Transportation 10:30 Blood Pressure Clinic 10:30 Advisory Board (<i>open to public</i>) 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge / Stepping On	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 9:30 Toenails / Heber Valley 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Dance Lesson Workshop 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:00 Photoshop Class 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:00 Tooele Breakfast 9:15 Pinochle 10:00 Yoga / NO Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Stepping On	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Dance Lesson Workshop 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 	

Cards

Informal BRIDGE LESSONS (Chicago/Party) are held on **Monday at 11:00.**

BRIDGE play is on **Wednesday and Friday at 1:00-4:00.** Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday at 12:30-3:30.** Beginners are welcome, all games are free, and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday at 9:15.** Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

Bingo

BINGO is played every Wednesday and Friday at 12:45. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

NOTE: The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. LINE DANCE is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



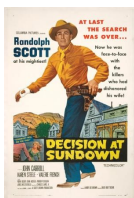
A VIEW TO A KILL
Monday, October 7
1985 / 131 minutes
British Spy



THE ILLUSIONIST
Monday, October 14
2006 / 109 minutes
Mystery



UNDER THE AUTUMN MOON
Monday, October 21
2018 / 83 minutes
Romance



DECISION AT SUNDOWN
Monday, October 28
1957 / 78 minutes
Western

Readers Theater

The READERS THEATER troupe meets every **Thursday** from **3:00-4:00.** If you would like to participate, please come and join in the fun!

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm.** Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.

Haircuts

Jocelyn Anderson provides HAIRCUTS on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides MASSAGE on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

UVU Student Nurses Health Screening

Student Nurses from UVU will be conducting a HEALTH SCREENING on **Tuesday, October 15**, from **10:00 to 12:00**. Screenings will include heart rate, blood pressure, oxygen and blood sugar monitoring. No appointments necessary.

Ear Wax Removal and Hearing Test

On **Tuesday, October 22** from **9:30 to 11:00**, Mr. Leibovich will be at the Center providing EAR WAX REMOVAL and hearing testing services. This is a **free** service. Advance appointments are required.

Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a BLOOD PRESSURE CLINIC on **Wednesday, October 23**, from **10:30 to 12:00**. In addition to blood pressure, Monique will also check your oxygen saturation, heart rate, and blood sugar. No appointments necessary.

Toenail Clipping

Dr. Scott Shelton provides TOENAIL CLIPPING every other month. The next scheduled toenail clipping will be on **Thursday, October 24** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, September 26. The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Flu Shots

Community Nursing Services will be at the Center on **Friday, October 4** from **10:00 to 12:00**. You will be able to choose the regular Influenza Vaccine (Quadrivalent four strain), High-Dose Vaccine (for over 65), or Pneumonia vaccine. Prevnar 13 (PCV13) is recommended for all seniors 65 year of age and older that have not previously received this pneumococcal vaccination.

You **MUST** bring the following items with you before receiving your flu shots: insurance or Medicare card (must have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.

If you don't have insurance, the regular FLU SHOT cost is **\$35**, High Dose **\$50**, Pneumonia (PPSV 23) **\$90**, and Prevnar 13 is **\$190**. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccinations are safe, effective, and considered to be the best way to help protect against influenza. No registration required.

Legal Consultation

An attorney is available for a 20-minute LEGAL CONSULTATION at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, October 8** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with MEDICARE or supplement issues? Sign up now for individualized help on **Tuesday, October 15** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the POOL HALL at the east end of the building.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneakers or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The EXERCISE ROOM is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, October 7** at **10:30-12:00**. A new session will begin **Monday, October 14** through **Monday, December 2**. The cost is **\$20** for the session or **\$3** per class. [Register now](#).

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Fall Colors

Our FALL COLORS trip will travel up Provo Canyon to Heber and Kamas, then over the beautiful Mirror Lake Highway to Evanston where we will enjoy a buffet lunch at the Purple Sage Golf Course. We will return through Parley's Canyon. The chartered bus will leave the Center on **Thursday, October 3** at **9:00** and return around **4:00**. The cost is **\$32** and includes lunch and transportation.

Wendover

Travel to WENDOVER on **Thursday, October 10**, and enjoy a day at the Rainbow Casino. The cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return about **7:00**. Register now; the registration deadline is Thursday, October 3.

Antelope Island

ANTELOPE ISLAND State Park, the largest island in the Great Salt Lake, is home to a free-roaming herd of about 500 bison. Pronghorn, deer, and bighorn sheep also share the rangelands that overlook the desert lake. The Visitor Center offers information on the island's unique biology, geology, and history.

The Center bus will depart on **Thursday, October 17** at **9:30** and return about 4:00 pm. Cost is **\$15** and includes a sack lunch. Registration begins Wednesday, October 2.

Kennecott Visitor Experience

It's hard to miss Rio Tinto Kennecott's Bingham Copper Mine—even from space. The huge mine is more than 3,000 feet deep and 2.5 miles across. In 2014, a landslide closed the Visitor Center. A new center was unveiled recently which includes all kinds of hands-on exhibits.

The Center Bus will travel to the KENNECOTT VISITOR EXPERIENCE on **Tuesday, October 22** at **9:30**. After our tour, we will travel to Jim's Family Restaurant in Riverton where lunch will be on your own. Cost is **\$10**. Registration begins Tuesday, October 1.

Heber Valley Railroad Cowboy Train

Heber Valley's Western Music & Cowboy Poetry Gathering takes place October 23-27. Join us on the HEBER VALLEY RAILROAD COWBOY TRAIN and experience a step back in time on the 120-year-old route of the Heber Creeper. Your ride includes a train robbery and live, old-fashioned western entertainment on board. The concessions car will be open.

The Center bus will leave at **9:30** on **Thursday, October 24** and return around 3:30. The cost is **\$28** and includes your train ticket and entrance to Tom's Cabin, a rare collection of cowboy collectibles rarely open to the public. Lunch is on your own. Registration begins Wednesday, October 9.

Tooele Breakfast

Once again our Center bus will be headed to the TOOELE Senior Center for the "Second Best BREAKFAST in Utah." The Center bus will leave at **9:00** on **Wednesday, October 30**. The return is about noon. Cost for this trip is **\$10** and includes transportation and breakfast. Registration begins Friday, October 18.

Weekly Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Drivers Needed



We are looking to expand our pool of volunteer bus drivers for trips and Wednesday pick-ups. A CDL license is not required; however, a background check (including driving record) and a health exam is required. Training will be provided.

If you are interested, please contact Wayne at 801-284-4242 or woberg@murray.utah.gov





OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHEESY CHICKEN AND RICE CASSEROLE Broccoli Roll Oreo Cheesecake	2 LASAGNA Garlic Bread Veggies Birthday Cake and Ice Cream	3 GRILLED TURKEY AND CHEESE SANDWICH Tomato Soup Side Salad Cinnamon Roll	4 SHEPHERD'S PIE Pasta Salad Roll Red Velvet Cake
7 NO LUNCH	8 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Corn Lemon Bars	9 CHICKEN TACOS Spanish Rice Churro	10 SPAGHETTI AND MEATBALLS Garlic Bread Side Salad Chocolate Chip Cookie	11 HAM AND POTATO CASSEROLE Beets Fresh Fruit Brownie
Lunch is served Tuesday-Friday between 11:30-12:30 Main Entrée price is \$4 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4				
14 NO LUNCH	15 HONEY GARLIC PORK CHOPS Green Beans Roll German Chocolate Cake	16  Cost is \$8 Registration deadline is Wed, October 9	17 LEMON TILAPIA Seasoned Rice Side Salad 7-Layer Bars	18 POT ROAST Mashed Potatoes and Gravy Mixed Veggies Yogurt Parfait
21  10:30 - 12:00	22 FRENCH DIP SANDWICH Fries Veggies Pudding	23 BEEF STROGANOFF Honey Glazed Carrots Roll Fruit Pie	24 CHICKEN EGG ROLLS Fried Rice Asian Stir Fry Fresh Fruit	25 PIZZA Side Salad Carrot Cake
28 NO LUNCH	29 PHILLY CHEESESTEAK CASSEROLE Roll Side Salad Sugar Cookie	30 BBQ CHICKEN WINGS Potato Salad Baked Beans Ice Cream Sandwich	31 CHILI Cornbread Beets Franken-Cookies 